

# THE LONG HARD CLIMB TO KATNISS FITNESS

HOW JENNIFER LAWRENCE GOT IN SHAPE FOR HER PHYSICALLY  
CHALLENGING ROLE IN THE HUNGER GAMES

PAGE 11



WINNIPEG

# metro

®

Tuesday, April 3, 2012



News  
worth  
sharing.

metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg



## NEW AVENUE on avenue

The construction scaffolding came down from around the newly renovated Avenue Building on Portage Avenue near Main Street Monday. Winnipeg Mayor Sam Katz and Manitoba Premier Greg Selinger will officially open the building Tuesday at 11:30 a.m. SHANE GIBSON/METRO

## Bombers see record financial year in 2011

**Big blue.** Record-setting ticket sales and winning team on field leads to big year



SHANE GIBSON  
shane.gibson@metronews.ca

Things looked pretty rosy financially for the Blue and Gold last year.

The Winnipeg Blue Bombers released their 2011 annual report Monday and the football club showed net earnings of \$2.3 million even after shelling out

\$680,000 for development costs for the new stadium.

"When you put an organization together with fans who care and you're joined at the hip — great things can happen," said Bomber chief operating officer and vice-president Jim Bell. "Everything just worked together."

Bell and club president and CEO Garth Buchko pointed to record season ticket sales of more than 21,000, eight-straight sell-out games at the old barn, and an appearance in the 2011 Grey Cup as major factors leading the club to one of its most profitable sea-

sons. It was also in a year the city didn't host the league's championship game.

In comparison the club netted just \$409,000 by the end of 2010.

Total game revenue in 2011 came in at nearly \$8.4 million, up 13 per cent over the previous season, and more than 50,000 people came through the gates to see U2 perform in May.

The good financial year leaves the Bombers with an accumulated surplus of \$6.6 million — great news for a team planning a move into their new home at the University of Manitoba in late July.

### Calling all pizza lovers

Got an extra phone lying around? Trade it in for a free slice of savoury goodness with Pizza Pizza's Cell for Slices program

PAGE 2

### One tiny voice for peace

As the threat of war looms on the horizon, a young Iranian has risked his life to launch the website Iran Loves Israel

PAGE 5

### Dude, where's my iPhone?

Two and a Half Men star Ashton Kutcher is slated to star as the late tech guru Steve Jobs in an upcoming biopic

PAGE 10

## BAD CREDIT, NO CREDIT, NO PROBLEM! QUARANTEED APPROVAL



**GETCREDITAMNESTY.CA**

REGENT: 866-603-9392  
PEMBINA: 866-638-3347

**RIDE TIME**  
Your ticket to ride!

## 1

## NEWS

## On the web

**Sensational progress**

The U.S.'s first full-face-transplant recipient says he can feel his daughter's kisses now, a year after the procedure. Dallas Wiens was blinded and severely burned after touching a high-voltage power line in 2008. Watch at [metronews.ca](http://metronews.ca)

**Sensational violence**

A gunman left horrific scenes in the wake of his rampage on Monday at a Christian university in California. Watch at [metronews.ca](http://metronews.ca) for more.

## Mobile news



Coming for the Olympics with money to spend? Then there's still time to ensure you can take tea at The Ritz, drink at the Savoy's American bar or sleep in an Art Deco room at Claridge's. Scan code for the story.

# That old cellphone will get you a pizza the action

**What a delicious deal.**

Sick of your tired old phone? Give it to Pizza Pizza and get a tasty slice — free



SHANE GIBSON

[shane.gibson@metronews.ca](mailto:shane.gibson@metronews.ca)

Old cellphones and handheld devices are worth some real dough at all Winnipeg Pizza Pizza locations this month.

After breaking into the Winnipeg market two years ago, the Ontario-based pizza chain is bringing its annual Cells for Slices program to the city for the first time.

"Everyone has got a few phones hanging around the house. Instead of just tossing them out, turn them into us and we'll redeem them for a slice of either pepperoni or cheese pizza," Pizza Pizza's chief marketing officer, Pat Finelli, said from Toronto.

"The devices are toxic ... and we are trying to educate all Canadians about this."

Winnipeg Pizza Pizza locations will accept the electronic devices until April 30.

After that, they'll be donated to Food Banks Canada,

who will have them refurbished and sold.

"With over 851,000 people visiting a food bank monthly, we depend on the support and generous donations from the business community and the Canadian public," said Katharine Schmidt, executive director at Food Banks Canada.

"The Cells for Slices program is an initiative that helps Food Banks Canada raise funds that are invested in national programs to support food banks across the country."

Pizza Pizza has five locations in Winnipeg. Finelli says it plans to open two or three more in the city within the next year.

**Piping hot**

"When we first started we got about 300 or 400 phones ... we're up to an excess of 4,000 now ... everyone is always getting the newest and coolest cellphone, so I think it will just keep building every year."

Pat Finelli, chief marketing officer



Paul Thind and Hakim Abdullah, franchisees of Pizza Pizza's Portage Avenue and Ferry Road location, will trade a slice of pizza for any old cellphone brought in this month. SHANE GIBSON/METRO



## Fire sends three to hospital

Three people — two workers and a firefighter — were treated in hospital for smoke inhalation after a fire in this building on Brookside Boulevard Sunday night. A machine failure is being blamed for the blaze. Damage is estimated at \$150,000. SHANE GIBSON/METRO

**Road restrictions**

### Watch out, drivers: Parking and some turns banned near Disraeli Bridge

Winnipeggers driving near the Disraeli Bridge will see new restrictions, starting Thursday.

One regulation bans parking on the west side of

Henderson Highway from Johnson Avenue West to Hespeler Avenue, and on the east side between Dearborn Avenue and McIntosh Avenue.

This restriction will be in place until October.

Motorists will also be barred from making a left turn from Henderson Highway northbound onto Hespeler Avenue.

And southbound right turns onto Martin, Carmen,

## Province takes over all health inspections

The province of Manitoba is now overseeing all public-health inspection services in Manitoba.

The move comes after 18 public-health inspectors from the City of Winnipeg were transferred.

"This will streamline service delivery and improve the efficiency of our public-health inspection services," said Health Minister Theresa Oswald.

"By providing a single, consistent approach throughout Manitoba, we will make

sure citizens are protected and can get the information and assistance they need, when they need it."

The province has also launched a new website called the Health Protection Reports website.

It will post information on provincewide inspections, and will also post details if a business fails an inspection.

Click on the website: [gov.mb.ca/health/public-health/environmentalhealth/protection/report.html](http://gov.mb.ca/health/public-health/environmentalhealth/protection/report.html).

METRO

**New tasks**

The province will now inspect:

- Restaurants.
- Swimming pools.
- Tattoo parlours.
- Previously, the city was responsible for inspecting these in the inner-city.

**Your electricity bill**

### Manitoba Hydro granted 2% hike — starting now

Manitobans are paying a bit more for electricity — starting now.

The Public Utilities Board has approved an immediate 2 per cent rate hike for all customers of

Manitoba Hydro.

The board says low export prices and low domestic demand due to a warm winter, have hurt the Crown utility's bottom line.

Manitoba Hydro had asked for a larger increase — 3.5 per cent more both this year and next year.

Hydro said without such increases, it would likely post losses of \$51 million in 2012-13 and \$58 million in 2013-14. THE CANADIAN PRESS



**Violent crime**

## Man likely died from gunshot wound, police say

Winnipeg police have confirmed the man who died in a Balmoral Avenue yard on the weekend was Johnnathen James Felix, 21. Felix's body was found Saturday morning but

wasn't removed from the scene until Sunday. Winnipeg police spokesperson Const. Natalie Aitken said police were called to the scene around 7:40 p.m. The neighbours say gunshots were heard in an alley between their building and a neighbouring apartment around 4:30 a.m. Saturday and the wounded victim likely ran across the street and into the yard to hide. Police said they are not

ruling out gang or drug connections. Felix's family has told media the young man recently graduated from high school in Victoria and had moved to Winnipeg. ELISHA DACEY/METRO WITH FILES FROM SHANE GIBSON



Johnnathen James Felix. FACEBOOK

**Missing since December**

## Woman identified in 8th murder of year

The remains of a woman found near a dumpster on Notre Dame Avenue have been identified as Carolyn Marie Sinclair. Sinclair, 25, went missing on Dec. 13 and her frantic family had been searching for

her ever since. "This is to the point where that's why we're very scared.... We don't want nothing bad to happen to her," her sister, Amanda Sinclair, told CBC News in January. Sinclair was five months pregnant. Police said Monday that Sinclair led a "high-risk lifestyle." They have released a photo of her in hope that someone will come forward

with more information about her death. Police released little other information, except to say the woman's body had been at the location for a lengthy period of time and that the cause of death was not being released. ELISHA DACEY/METRO



Carolyn Sinclair. WPS HANDOUT

# 'Peg Aveos worker says she can't wait for help

**No time.** One former Aveos employee says she can't wait for legal battle over her job to play out in the courts

BERNICE PONTANILLA  
winnipeg@metronews.ca

As legal battles continue in the courts over the abrupt closure of Aveos Fleet Performance, one former employee in Winnipeg said she can't afford to wait and see what happens.

"I don't know how much of this is hokey and how much is wishful thinking," said Bev Donnelly, who worked for various incarnations of the Aveos company for nearly 23 years. "I just hope one of those resumes brings back something."

Donnelly said she is looking for other work, as well as starting the paperwork for employment insurance benefits.

Adding insult to injury, workers have yet to be paid for the last two weeks they worked. Donnelly said though she hadn't checked her bank account on Monday, as far as she knows that money has not been paid.

Winnipeg's dismissed Aveos workers held a protest



Bev Donnelly, seen holding a placard during the Aveos workers' protest on March 19, said she is focused on finding another job. BERNICE PONTANILLA/METRO FILE

on March 19, where some expressed anger that they were escorted out of the building and not allowed to take their personal belongings with them.

Donnelly said in the days after the protest, they were allowed back in, but she only took her personal items such as tools.

"I didn't take my company jacket," she said. "Let them

clean it up, they've made the mess, they can clean it up."

Lorne Hammerberg, president of Local 714 of the International Association of Machinists and Aerospace Workers and an Aveos employee himself, said they're planning on hosting a job fair on May 2.

Right now, the union is helping its members prepare resumes for the job fair.

There are efforts underway by several provincial governments and federal opposition parties to find a solution that would save jobs, in addition to the legal battle over whether the closure violated the Air Canada Public Participation Act.

"There's a lot of things that are just hearsay," said Donnelly, adding that Air Canada has "an

awful lot of hangar space sitting there empty."

On Monday, Aveos workers held their own job fair in Montreal.

Union and government agencies in Quebec are working to attract new investors, which reportedly includes aircraft maintenance and repair company Lufthansa Technik.

WITH FILES FROM CANADIAN PRESS

**Spring fever**

## March sets series of weather records

Impressive is how an Environment Canada senior climatologist describes this past winter in Winnipeg and March in particular.

"It was quite an amazing, amazing (March) when you look at the month as a whole," said David Phillips. "It just continues what has been a remarkable winter."

On average, temperatures in March were almost 9 degrees above normal, the record-breaking average being 7.8 and normal low -1.1 C.

For a climatologist like Phillips, the most "exotic" statistic was the following: In our 140-year weather history, there have only been three instances where the mercury hit above 20 C and all at the end of March.

This past month, there were above 20 C temperatures on March 18, 19 and 22 — three days in the same month of the same year.

"It's a head-shaker, it really is," he said.

Phillips, who last year predicted a cold winter due to the weather phenomenon La Nina, said he's still willing to speculate on whether Winnipeg will get another snowfall.

"We're calling for 40 per cent chance of flurries on Easter Sunday, so we may be seeing the white stuff before the week is out," though he also added, "It's a tough business."

BERNICE PONTANILLA/FOR METRO

Starting at \$650

avenue living

Call 818-0800

Winnipeg@avenueliving.ca  
www.avenueliving.ca

## IF YOU LIVED HERE, YOU'D BE HOME BY NOW

**CUMBERLAND HOUSE - 360 Cumberland Ave**

avenue living

Call 818-0800

Winnipeg@avenueliving.ca  
www.avenueliving.ca

**BACH/STUDIO & ONE BEDROOM AVAILABLE NOW**

**NEW MANAGEMENT COMPLETELY RENOVATED**

Walking distance to downtown shopping and offices, U of W and Red River Princess campus.

**Included:** Heat, Water and Hydro, Fridge, Range, Central Air, On-Site Laundry, In-suite Storage, Parking Optional \$50 a Month.



## Michael Rafferty trial. Jurors view site where Stafford's body found

Jurors in the case of a man accused of first-degree murder in the death of Victoria Stafford were given a first-hand look Monday at the farmer's field where the eight-year-old was killed.

They were at the scene southeast of Mount Forest, Ont., where the judge said he hoped the jurors would

get a better understanding of the evidence.

Members of the media were allowed to view the area once the jury had left.

On Friday, the panel saw video and photos of where Tori's remains were found in July 2009, wrapped in a garbage bag and buried under a pile of rocks in a farmer's field.

Tori disappeared outside her Woodstock, Ont., elementary school on April 8, 2009, and she was allegedly killed the same day in the rural area more than 100 kilometres north of her hometown.

Michael Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

Terri-Lynne McClintic, 21, is already serving a life sentence after pleading guilty to first-degree murder in Tori's death.

When McClintic confessed and later pleaded guilty, she said Rafferty had killed Tori using a hammer, but at the trial she testified it was she who dealt the fatal blows.

THE CANADIAN PRESS



Members of the media visit the crime scene. Markers had been placed to guide the jury's visit.

GEOFF ROBINS/THE CANADIAN PRESS



As winner of their charity boxing match, Liberal MP Justin Trudeau trims Conservative Senator Patrick Brazeau's ponytail in the foyer of the House of Commons Monday. For more see metronews.ca/features. ADRIAN WYLD/THE CANADIAN PRESS

## Trudeau celebrates latest victory over a Tory rival

A Conservative senator is sporting a new hairdo after losing a charity boxing match to Liberal MP Justin Trudeau.

As part of a bet, Patrick Brazeau had his long hair lopped off Monday in the foyer of the House of Commons.

He also must wear a Liberal hockey jersey with Trudeau's name on the back for the rest of the week.

Stylist Stefania Capovilla says she cut off eight or nine inches of Brazeau's hair.

Underdog Trudeau beat

odds-on favourite Brazeau on Saturday night when the referee stopped the bout in the third round.

The Liberal MP and Conservative senator were fighting to raise money for cancer research. THE CANADIAN PRESS

### Leaders summit

## Canada waits for invitation to join Pacific Rim group

Canada may have to give up its protectionist marketing boards if it wants to join a new free-trade group of Pacific Rim countries, U.S. President Barack Obama suggested Monday.

Prime Minister Stephen Harper got another expression of interest in a meeting with Obama in Washington, but hasn't yet received a formal invitation to join the Trans-Pacific Partnership.

THE CANADIAN PRESS

### Unknown condition

## Minister Toews in hospital

Public Safety Minister Vic Toews has been taken to hospital in Ottawa.

It's not clear what condition he is suffering from.

A spokesman for Toews says the minister has been battling a seasonal flu for the last few weeks.

THE CANADIAN PRESS

# Deadly shooting brings scenes of horror to school

A gunman opened fire Monday at a small Christian university in California, killing at least seven people, wounding three more and setting off an intense, chaotic manhunt that ended with his capture at a nearby shopping centre, authorities said.

Police Chief Howard Jordan said Monday that One L. Goh is in custody after surrendering at a shopping centre about an hour after the shooting at Oikos University on Monday morning.

Authorities say he was a former student at the Christian school.

The gunfire erupted around midmorning at Oikos University. Heavily armed officers swarmed the school in a large industrial park near the Oakland airport and, for at least an hour, believed the gunman could still be inside.

Art Richards said he was driving by the university on his way to pick up a friend when he spotted a woman hiding in the bushes and pulled over. When he approached her, she said, "I'm shot" and showed him her arm.

"She had a piece of her arm hanging out," Richards said, noting that she was wounded near the elbow.



Oakland Police work after a school shooting at Oikos University in Oakland, Calif., Monday. A gunman opened fire at the university, killing at least seven people. NOAH BERGER/THE ASSOCIATED PRESS

As police arrived, Richards said he heard 10 gunshots coming from inside the building. The female victim told him that she saw the gunman shoot one person point-blank in the chest and one in the head.

At Highland Hospital, Dawinder Kaur's family told the Oakland Tribune that she was being treated for a gunshot to her elbow.

The U.S. Army Reservist told her family that the gunman was a student in her nursing

class who had been absent for months before returning Monday. The gunman entered the classroom and ordered students to line up against the wall.

When he showed his gun, students began running and he opened fire, her family said.

"She told me that a guy went crazy and she got shot," brother Paul Singh told the newspaper. "She was running. She was crying; she was bleeding, it was wrong."

Television footage showed

heavily armed officers swarming the building and also showed bloodied victims on stretchers being loaded into ambulances. Several bodies covered in sheets were laid out on a patch of grass at the school.

For at least an hour after the shooting began, police thought the shooter could still be on campus. Police believe the shooter acted alone, though they have not discussed a possible motive.

THE ASSOCIATED PRESS

## Court sentences bin Laden's family

A Pakistani court sentenced Osama bin Laden's three widows and two of his daughters to 45 days in prison on Monday for illegally living in the country, ordering them deported when the sentence ends, their lawyer said.

With credit for time served, the women and several of their other children will leave Pakistan later this month, said lawyer Mohammed Amir Khalil. They have been in detention since American commandos killed bin Laden in a large house in the Pakistani town of Abbottabad on May 2, but they were formally charged with

immigration offences only last month. The Americans left the women and children behind in the house after they flew off with bin Laden's corpse.

The women may have information about how bin Laden managed to remain undetected for close to 10 years after the Sept. 11, 2001 attacks in the U.S. The youngest, 30-year-old Yemeni wife Amal Ahmed Abdel-Fatah al-Sada, has told investigators bin Laden lived in five houses while on the run and fathered four children, two of whom were born in Pakistani government hospitals.

THE ASSOCIATED PRESS



Afghan refugees gather outside the house in Haripur, Pakistan, that Pakistan's intelligence agency believes Osama bin Laden lived in.

ANJUM NAVEED/THE ASSOCIATED PRESS



# 'Iran loves Israel' breaks taboos

## Online campaign.

Leader of Iranian movement risks life to send out message of peace and love

KIERON MONKS  
Metro World News

Iran is one of the most dangerous countries in the world for activists, and colluding with its enemy Israel is a serious offence.

But with the threat of war looming, 34-year-old Majid from Tehran believes his "Iran loves Israel" campaign is more important than safety.

"The peace movement needs more support," Majid told Metro.

The landscape architect and father of two was inspired to act by a message from Tel Aviv, where Ronny Edry established an "Israel loves Iran" Facebook page last month. It circulated rapidly and gained more than 50,000 fans — as well as inspiring a new wave of anti-war marches in Israeli cities.

"I thought Ronny's ac-

## On the web



Scan the code or visit  
metronews.ca to watch  
the video.



Iranian landscape designer Majid, founder of the "Iran Loves Israel" campaign, appears in this screengrab from a YouTube video. YOUTUBE.COM

tion required reaction," said Majid. "It was a message of peace and love and it was our choice to accept or deny."

His reaction was to create "Iran loves Israel" fan pages and websites, which have gained more than 15,000 followers and goodwill messages from around the world. More seriously, he has "broken the taboo" of contact with Israelis. Majid talks with activists from Ronny's chapter and hopes to visit the Jewish state to step up a co-ordinated peace campaign. Both sides have fundraising efforts in place.

While the Israeli chapter has benefitted from democratic freedoms, it is not pos-

## Inspired to act

"I risk my life because I believe in duty. I have to do something for my country."

Majid, 34

Started an "Iran Loves Israel" counterpart to the "Israel Loves Iran" online campaign

sible to generate the same momentum in a country with such oppressive security as Iran. State control of the Internet means that controversial pages are deleted and replaced with an "immoral website closed" label.

"There is a very strong secret police," said Majid. He is disguised in his video broadcasts and never posts with his full name.

"Activism is practically

impossible in Iran," said Amnesty International Iran researcher Drewery Dike, pointing to campaigners who have been brutally tortured.

"This initiative is viewed as dangerous to social norms and it is inevitable it will be hacked," he said. "But it represents a broader public debate, a demand for fresh connections, and people are sick and tired of being inhibited by threats."

## Accused killer claimed innocence: Lawyer



Lawyer Zahia Mokhtari, seen in Algiers last Thursday, says she has evidence the man accused of killing seven people in attacks in France claimed his innocence to police. SIDALI DJARBOUB/THE ASSOCIATED PRESS

An Algerian lawyer said Monday that she has evidence the young man accused of killing seven people in attacks on French soldiers and a Jewish school claimed his innocence to police. Separately, France announced it was expelling several foreign Islamist extremists on its soil.

Mohamed Merah, 23, was killed after a more than 30-hour standoff with police at his apartment in Toulouse after being identified as the suspect behind the killing spree last month. Authorities have said that during negotiations Merah claimed to have links to al-Qaida and confessed to the killings.

But Zahia Mokhtari, a law-

yer for Merah's Algerian father, told BFM television on Monday that she had two identical videos of Merah that contradict the police narrative. "In these videos he says, 'I am innocent. Why are you killing me? I didn't do anything,'" she said.

Mokhtari would not detail how she got the videos, saying she would reveal more once she files a lawsuit in French courts against the elite police force, RAID, that killed Merah.

A police official with knowledge of the investigation cast doubt on the Algerian lawyer's claims about the videos Monday, noting that Merah led police to evidence that proved he was the perpetrator.

THE ASSOCIATED PRESS

**BRAMA**  
TELECOM INC.

Introducing Our Best Value

# HOME PHONE

**\$18<sup>95</sup>** /month

India Pakistan Bangladesh

**UNLIMITED CANADA**  
INCLUDING **EXTRA 500 min\***  
**WORLDWIDE CALLING**

\* calling to 45 countries around the world

**15 Features included**

**FREE** • activation • shipping • transfer your number

This offer valid until April 27, 2012

**You could win**

**50 phone packages include:**

- Free phone adapter
- Free activation
- Free keeping your number
- Free shipping
- 3 months free service
- 3 months \$33 long distance

**Start saving today!**

**No contract, No obligation**

**1 204-272-9044**  
[www.bramatelecom.com](http://www.bramatelecom.com)

To register and for full content details visit club.metro.com



# Technical failure cited in deadly Russian plane crash

**Twelve hospitalized, 31 killed.** No basis to suggest improper de-icing of the twin-engine turboprop was the cause of the crash

Russia's civil aviation chief says the plane that crashed Monday into a snowy field in Siberia, killing 31 people, appears to have been improperly de-iced.

However the official said there was no indication that had caused the crash.

The twin-engine turboprop belonging to UTair crashed shortly after take-off Monday from the snowy western Siberian city of Tyumen. There were 43 people aboard, twelve have been hospitalized in serious condition.

The state news agency RIA-Novosti quoted Rosaviatsiya head Alexander Nerdzko as saying there was evidence "that the treatment of the plane with de-icing agents was not done at the necessary level." However, he also said there was no basis yet "to connect this with the cause of the crash."

The ATR-72 took off at 7:40

a.m. from Tyumen, a regional centre in Siberia about 1,700 kilometres east of Moscow, heading for the oil town of Surgut, about 650 kilometres away.

The plane came down in a field about three kilometres away from the Tyumen airport, breaking into three sections upon impact.

Part of the plane was destroyed by a fire that burned at least six people to death, said police.

Investigators said evidence so far points to a technical failure of the French/Italian-made aircraft. They noted that witnesses reported seeing smoke coming from its engines as the plane came down and said its pilots had tried to return to the airport.

The federal Investigative Committee said while equipment failure appeared to be the most likely cause of the crash, pilot error or mistakes by traffic controllers had not been ruled out.

The plane was built in 1992 and had been part of UTair's fleet since 2008.

All of the 39 passengers and four crew were Russian.

Russia has seen a string of deadly crashes in recent years.

THE ASSOCIATED PRESS



Russian police guard the site of the ATR-72 plane crash outside Tyumen, a major regional centre in Siberia. RUSSIAN GOVERNMENT PHOTO/THE ASSOCIATED PRESS

## Life for nurse who killed patients with bleach



Former Texas nurse Kimberly Saenz was sentenced to life for killing dialysis patients by injecting them with bleach. JOEL ANDREWS/THE ASSOCIATED PRESS

A former Texas nurse convicted of killing five dialysis patients by injecting them with bleach should spend the rest of her life in prison with no chance of parole, jurors who earlier convicted the woman of capital murder said Monday.

Kimberly Saenz was convicted Friday of killing the patients at a clinic run by Denver-based health care giant DaVita Inc. She also received three 20-year terms for aggravated assault in the cases of five other patients who were deliberately injured at the fa-

cility in East Texas.

Jurors spent about 45 minutes deliberating before returning with a decision on the punishment. They also could have recommended that Saenz receive the death penalty.

"I was hoping for the death penalty but I'm all right," said Wanda Hollingsworth, whose mother was among Saenz's victims.

Given a chance to address Saenz after the jury left the courtroom, Hollingsworth said she was "nothing more than a psychopathic serial killer."

"You have disgraced your family and the medical field," said Hollingsworth, a nurse herself. "I honestly say I hope you rot in hell."

Marisa Fernandez, whose grandmother also was among the patients who died, said she was satisfied with the sentence.

"It is my duty as a Christian to forgive you," she told Saenz. "And I will. I just hope for your sake you can reach out and ask forgiveness for yourself."

Saenz was fired in April 2008 after a rash of illnesses

and deaths at the clinic in Lufkin, about 125 miles (200 kilometres) northeast of Houston. Her lawyers argued Saenz wrongly took the blame for the clinic's sloppy procedures; bleach is a commonly used disinfectant at the clinic. DaVita Inc. denies the accusations.

"She's never getting out no matter what you do," Saenz's lawyer, Steve Taylor, said in his closing remarks, urging jurors to choose a life sentence. "Society is protected. You will never see her again."

THE ASSOCIATED PRESS

### CRTC

#### Telemarketers ignoring 'Do Not Call' rule

Canada's telecom regulator says it's still finding telemarketing companies that haven't followed the Do Not Call rules.

The CRTC said Monday it has issued citations to 74

companies and levied fines in 11 additional cases.

The latest fines totalled \$41,000.

That's a relatively small amount compared with the \$2.1 million in penalties that the CRTC has levied against telemarketers since the rules were put in place.

The CRTC oversees the national Do Not Call list, which protects consumers from unwanted calls.

THE CANADIAN PRESS

### Payphones

#### Bell wants a buck for a cash-pay phone call

Bell Canada and Bell Aliant Inc. want to double the price of a local pay-phone call.

They are asking the CRTC to approve a rate increase that would raise the

cost of a cash call to \$1 from 50 cents and raise calling card or debit card calls to \$2 from \$1.

The companies say they need more money to deal with new loonies being brought out by the Royal Canadian Mint.

They say the existing technology won't be able to recognize the new coins.

The application has angered consumer groups.

THE CANADIAN PRESS

### Senior drivers

#### Call for graduated licensing for seniors

Canada's leading general medical journal is calling for a graduated licensing system for the country's seniors.

An editorial published in the Canadian Medical Association Journal Monday says

some seniors keep driving as they age despite "substantial physical or mental deterioration."

The piece points to data from 2009 showing more seniors died in fatal vehicle crashes than any other age group and goes on to suggest a graduated licensing system — like what new drivers work through — to help protect elderly Canadians and others.

THE CANADIAN PRESS

## Labour. Machinists union heading to court

The International Association of Machinists and Aerospace Workers (IAMAW) said Monday the union will take the government to court over the measure known as Bill C-33 used to prevent some 8,300 IAMAW members from striking on March 12.

The challenge by the machinists follows a similar filing by the union representing the company's pilots, who filed a suit in Ontario Superior Court last month.

Both groups collectively represent the last 11,000 airline employees without updated collective agreements.

The pilots said the law that forces them to fly and accept a contract imposed by arbitration is contrary to Canada's Charter of Rights and Freedoms.

The machinists union said the move has now thrust it into an arbitration process it calls biased, removing its Charter right to free association.

THE CANADIAN PRESS

## Lawsuit. U.S. accuses RBC of sham trading

Royal Bank is defending itself against what it calls "absurd" allegations from U.S. regulators that it engaged in hundreds of millions of dollars in sham futures trades to reap tax benefits on its holdings of company stocks.

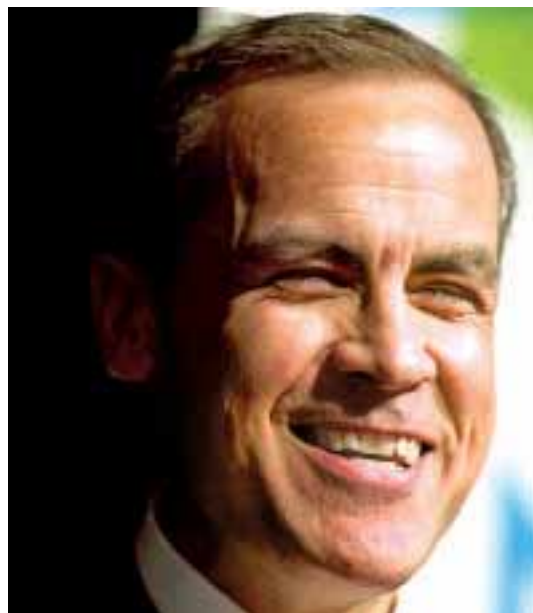
The Commodity Futures Trading Commission lawsuit filed Monday says Royal also concealed the true nature of the trades and made false statements to a futures trading exchange.

The activity, so-called "wash trading" is an illegal stock trading practice in which an investor simultaneously buys and sells shares in a company through two different brokers, usually to avoid taxes.

Royal defended its position in a statement late Monday, saying that it consulted stock exchanges and the commission itself for guidance when the trades were made and there was no objection from either.

THE CANADIAN PRESS

# Economy needs firms to look to emerging markets: Carney



Bank of Canada Governor Mark Carney, after speaking to the Greater Kitchener-Waterloo Chamber of Commerce in Waterloo, Ont., Monday.

FRANK GUNN/THE CANADIAN PRESS

**Global trade.** Bank of Canada governor issues sternest warning to date about the country's lagging export record

Canada's economy is underperforming because firms have failed to take advantage of turbo-speed growth in emerging markets, says Mark Carney, citing the worst post-slump trade performance in six decades.

In a speech prepared for a Kitchener-Waterloo business audience Monday, the Bank of Canada governor characterized the country's export record since 2000 as a dismal failure.

It is the worst post-recession record of any recovery since World War II, he said, adding that aside from the

### Business boost

"This was essentially a pep talk for business."

Economist Michael Gregory, BMO Capital Markets

United Kingdom, it is currently the worst in the G20 club of major economic nations.

Carney wants Canadian businesses to turn their attention away from traditional markets like the U.S. and focus on booming economies in Asia.

"Exports have not regained their pre-crisis peak, and in fact remain below their level of a decade ago," he said.

For the economy to expand in the future, it must ramp up on exports, and businesses must become more innovative and invest in machinery and equipment, Carney said.

THE CANADIAN PRESS

### Market Minute

↑ **DOLLAR**  
100.98¢ US (+0.73¢)

↑ **TSX**  
12,507.06 (+114.88)

↑ **OIL**  
\$105.23 US (+\$2.21)

↑ **GOLD**  
\$1,679.70 US (\$7.80)

**Natural gas:** \$2.15 US (+2.6¢)  
**Dow Jones:** 13,264.49 (+52.45)

### Social networking

Now even the president is on Pinterest

U.S. President Barack Obama has joined Pinterest, the popular online message board, where users organize and share things they love. His account has a variety of postings about himself and his family, including the family's favourite chili recipe as well as his varied public appearances and activities. **TORSTAR NEWS SERVICE**

Join Us in Celebrating...

## Miracle of the Calvary

W. F. Kumeyi

DEEPER LIFE EASTER RETREAT

Date: April 6 - 8, 2012  
(Starting 9:00am daily)

Venue:  
Winnipeg - East Travelodge  
20 Alpine Avenue

Come and experience the power of resurrection

## SOUND THE ALARM

ONE MILLION CHILDREN AT RISK IN THE SAHEL



© UNICEF/CHAD/2012/CTidey

## DONATE NOW

YOUR SUPPORT WILL SAVE THEM

[unicef.ca/sahelnnow](http://unicef.ca/sahelnnow)  
1 800 567 4483

unicef  
canada



# JUNK FOOD: A CURE FOR THE COMMON CRAVING



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

Last week I was terribly sick in the sore-throat, runny-nose, end-of-days kind of way that everyone experiences during this awful, not-quite-winter, not-quite-spring time of year.

According to common cold logic, being sick gives you licence to do things you wouldn't usually do. I spent my recovery period watching bad romantic comedies and eating junk food. Yes, instead of loading up on oranges and soothing chicken noodle soup I found myself shame-eating instant mac and cheese alone in bed. I'm not proud of it people.

## Eat like our ancestors

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids.

Ninety per cent of the time I worship at the altar of kale salads and cauliflower pizza crust, but when my immune system is down I turn to comfort food. While it makes me feel better in the very immediate short term, flu-related bingeing almost always results in a trans-fat induced spiral of regret.

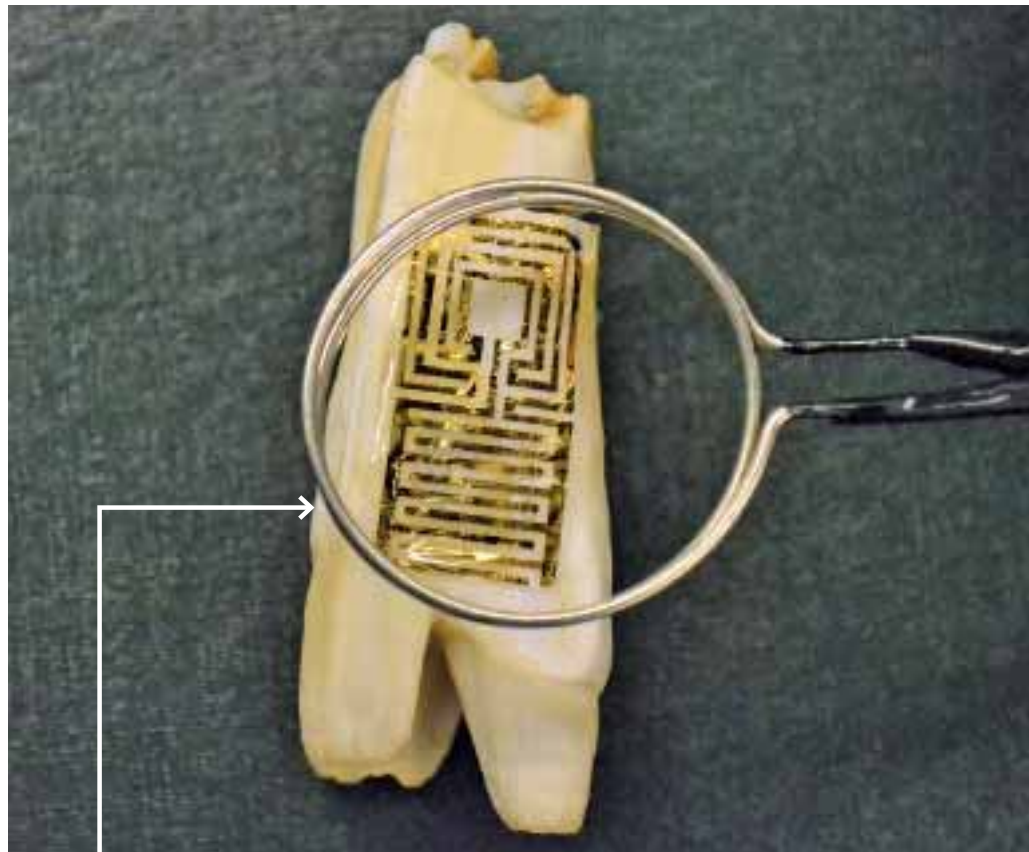
This is hardly surprising of course; junk food consumption does in fact have a direct impact on your mental health, according to a recent study published in the March 2012 edition of Really Obvious Facts, ahem, I mean, the journal of Public Health Nutrition. The research revealed that individuals who consume fast food on a regular basis are 51 per cent more likely to develop depression symptoms, compared to those who eat little or none. We can assume the appendix of the study was titled DUH!

But even though we know better (pink slime anyone?) why do we give in to these unwholesome cravings? It seems that junk food is the culinary equivalent of a Real Housewives franchise: highly processed but surprisingly satisfying. Sometimes the difficult part isn't knowing what not to eat, but what we actually should be eating. Every week there is a new cancer-causing food group to avoid. Beware, the evils of gluten, renounce your love of dairy, forget the farmed salmon, cut back on raw vegetables ... begin to live in fear of all edibles!

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids. Cave-person dieters are limited to Stone Age staples such as fish, root vegetables and nuts while eliminating hunter-gatherer foods such as dairy products, grains, legumes, sugar, salt and basically anything delicious. Personally I prefer to subscribe to the low-maintenance doctrine of "everything in moderation."

Some of the best food-related advice I ever received was this: when you're at the grocery store, shop around the perimeter. Here you'll find fresh fruits and vegetables, lean protein, whole grains — basically the entire rainbow of items featured on Canada's Food Guide. What you won't find: brownies, frozen pizza (in deep dish, pop or pocket form), and yes, sadly instant mac and cheese.

# This tooth fights an ache



MALPINE RESEARCH GROUP/PRINCETON UNIVERSITY

## Tonsil detection

## Tooth tattoo detects illness

**PRINCETON, N.J.** We've all heard about having a sweet tooth, but scientists now claim that in a few years from now we could have a disease-detecting tooth working inside our mouths. Michael McAlpine and his team at Princeton have developed a "tooth tattoo" that can sense bacteria in people's breath. **METRO**

## 60 seconds



Michael McAlpine

## Detecting cancer

### How does this device work?

It's made from graphene, a one-atom-thick layer of carbon that's an excellent conductor. After a student breathed on the tooth we used in the experiment, the molecules interacted with the graphene's sensors and gave an electronic, computer reading.

### Any potential benefits?

It'll be able to detect *H. pylori*, a bacterium that causes stom-

ach ulcers and cancer. Plus, it also heralds in a new way of detecting diseases.

### When do you plan to put this device on the market?

We think in five years' time.

### And you think people will put it on their front teeth?

It can be made small to fit on back teeth but could double up as a trendy-looking "tooth tattoo." **ANTHONY JOHNSTON/METRO**



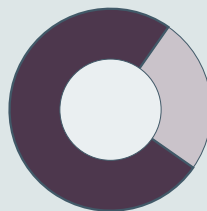
**With so much information circulating about what is healthy and what isn't, sometimes you have to go with your gut instinct.**  
RAFFI ANDERIAN/TORSTAR NEWS SERVICE



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

Do you think the penny should be phased out?

75%  
YES, IT'S A  
NUISANCE



25%  
NO, IT'S AN  
ICONIC  
PIECE  
OF  
CANADIANA

## Twitter

@ZoeQuinnzel:

Winnipeg is kinda full of awesome people who are enthusiastic about doing cool things. I kinda like it here...

@acoyne:

If the Phoenix Coyotes (the former Winnipeg Jets) go to Quebec (former home of what is now the Colorado Avalanche), there will have to be...a three-way trade. Coyotes go back to Winnipeg, Avalanche go back to Quebec, and Colorado gets the Jets.

@alisonmargareta:

Wish it was the end of May already, can't wait to leave winnipeg.

@trmkrebs:

Boarding for Winnipeg <333

@Jay\_Brun:

Love seeing my big cousin getting time in Winnipeg #attaboy #gojets



# It's time to play catch-up

Like any high school reunion, getting the American Pie cast back together for American Reunion leads to the obvious questions about what they've all been up to. Here's an update:

NED EHRBAR  
Metro World News in Hollywood



**Jason Biggs  
(Jim)**

After films like *Saving Silverman* and *Loser*, Biggs has been focusing on TV. He is currently voicing Leonardo on Nickelodeon's new *Teenage Mutant Ninja Turtles* series.



**Alyson Hannigan  
(Michelle)**

She's come a long way since 'this one time at band camp.' The biggest success of the bunch, Hannigan has been starring on *How I Met Your Mother* since 2005.



**Seann William Scott  
(Stifler)**

After a string of strong comedy films like *Dude, Where's My Car?*, the *Rundown* and *Role Models*, he completed a stint in rehab prior to filming *American Reunion*.



**Thomas Ian Nicholas  
(Kevin)**

A child star before *American Pie*, Nicholas has shifted his focus to music — and even has a song on the *American Reunion* soundtrack.



**Chris Klein  
(Oz)**

After a pair of DUI-related arrests and a stint in rehab, Klein is mounting a comeback, starting with a recurring role on the FX series *Willard*.



**Eddie Kaye Thomas  
(Finch)**

Thomas has worked steadily on screen and stage in smaller projects, with recurring roles in the *Harold and Kumar* franchise and the *American Dad* animated series.



**Tara Reid  
(Vicky)**

After a rocky decade filled with critical career bombs, reality TV meltdowns and problematic plastic surgery, Reid appeared on *Celebrity Big Brother UK* last year.



**Mena Suvari  
(Heather)**

Suvari made waves with *American Pie* and *American Beauty* in the same year. Recently she has popped up on *American Horror Story*.



**Natasha Lyonne  
(Jessica)**

Went through numerous drug-related hospitalizations, arrests and rehab stints, now getting back to work with *American Reunion* and Abel Ferrara's *4:44 Last Day on Earth*.



**John Cho  
(John, party guy)**

Cho launched a catchphrase and a successful career off one key scene in *American Pie*, and went on to star in franchises like *Harold & Kumar* and *Star Trek*.

# 2

## SCENE

### Scene in brief

### Sheen gets pranked

How about a sequel to *The Artist* starring Charlie Sheen? The actor says he wouldn't hesitate for one minute if the project was proposed to him. At least, that's what he told a Montreal radio personality who was pretending to be the film's award-winning actor Jean Dujardin. The notorious comedy duo known as the Masked Avengers called up Sheen two weeks after the Oscars and asked him if he would like to be in a sequel. The actor congratulated "Dujardin" on his Oscar win and said he'd love to work with him. The Montreal pranksters have engaged in stunts involving Bill Gates, Britney Spears, Paul McCartney and, perhaps most famously, Sarah Palin during the 2008 U.S. election.

THE CANADIAN PRESS

### On the web



Trailer from *Sparkle*, the late Whitney Houston's upcoming film, debuts on Today show

## Millions of songs — access anywhere.

Enter now at [clubmetro.com](http://clubmetro.com) and you could WIN a year of unlimited music on Rdio — the best way to discover, play and share music.

**rdio**

[www.rdio.com](http://www.rdio.com)



To register and for full contest details visit [clubmetro.com](http://clubmetro.com)



# I award you no points: Sandler sweeps the Razzies



Adam Sandler ALL PHOTOS GETTY IMAGES

Adam Sandler has a new record, but it's probably not one he wants to brag about. The actor's gender-bender comedy Jack and Jill — in which he played male and female twins — earned 10 of the 12 Razzies for which it was nominated over the weekend.

The Razzies — or Golden Raspberries — cele-

brate the worst in film each year.

"It's not really a clean sweep," Razzies founder John Wilson tells People magazine. "So it will go into the record books with an asterisk."

The previous record-holder for most wins was Lindsay Lohan's 2006 film I Know Who Killed Me.

## Stork brings Bruce Willis one more baby girl



Bruce Willis

Bruce Willis and Emma Heming welcomed a baby girl, Mabel Ray, over the weekend, according to Entertainment Tonight. The new parents are "overjoyed" about the arrival, according to their reps.

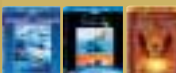
Mabel weighed in at nine pounds, one ounce. This is the first child for the couple, who tied the knot in 2009. Willis has three daughters with ex-wife Demi Moore.

YOU COULD WIN A DOUBLE PASS TO AN ADVANCED SCREENING OF

## CHIMPANZEE



PLUS  
you could WIN a  
GRAND PRIZE of a  
private screening of  
CHIMPANZEE and a  
DISNEYNATURE  
bluray library.



IN THEATRES APRIL 20TH

DISNEYNATURE will donate portion of first week box office for CHIMPANZEE to the Jane Goodall Institute Canada through "SEE 'CHIMPANZEE', SAVE CHIMPANZEES" program.

To register and for full contest details visit clubmetro.com

the Jane Goodall Institute of Canada  
www.jane-goodall.org



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## More children, less money, way more problems



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Well, after years of squawking about how the Ocotomom is going to be a welfare mother, it looks like all of our ts-k-ts-king is going to come true. Nadya Suleman, mom to 14, is now on welfare — and is receiving death threats

because of it.

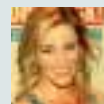
She tells TMZ.com, the \$2,000 a month she gets from the State of California in food stamps is to avoid "becoming totally destitute."

According to TMZ, since the welfare news broke, she's been receiving death threats but she feels people should be directing their anger toward those "who are abusing the system and not at her."

What about stupid people who abuse fertility drugs to have way more children they — and society — can't possibly support in a misguided attempt at fame?

Where do we direct that anger toward?

## Twitter



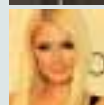
@ElizbethBanks

Autocorrect just changed Thurs to Thugs three times. I forgot Thugs was a word. Probably because it's not 1956.



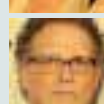
@edgarwright

A simple internet rule is this: don't get your news from film sites that either don't watch films or seem to hate them all equally.



@ParisHilton

In bed trying to figure out which movie to watch. Deciding between The Tree of Life, Horrible Bosses, The Grey & Tangled. Thoughts?



@AlbertBrooks

Have a pretty funny joke about Lincoln but I think it's too soon.



Adam Levine

## Ladies of the world rejoice: Adam Levine is single

Adam Levine and model Anne Vyalitsyna have broken up, according to Hollyscoop.

The very high-profile couple was previously seen walking the Victoria's Secret runway hand-in-hand and posing nude for Vogue Russia together last November, but apparently all wasn't well at home, as Levine and Vyalitsyna "got into a big fight in January"

that nearly ended the relationship, a source says.

"Adam and I have decided to separate in an amicable and supportive manner," Vyalitsyna says in a statement confirming the split. "We still love and respect each other as friends, I wish him all the best." The pair met in 2010 at a Sport Illustrated swimsuit issue launch event where Maroon 5 was also performing.

## Kutcher as Jobs? How do you like them Apples?

Two and a Half Men star Ashton Kutcher knows how he's spending his summer vacation: playing tech guru Steve Jobs in a film about the life of the late Apple mogul, according to Variety.

The film, to be directed by Joshua Michael Stern, will follow Jobs' rise to power. Of course, there's some competition, as Sony Pictures is developing a rival Jobs biopic, though there's no word on who will play the computer pioneer in that film.



Ashton Kutcher



# Learning archery goes a long way for one hungry actress

**Olympic archer Khatuna Lorig trained Hunger Games star Jennifer Lawrence.** She tells Metro how she transformed the actress into an archer

ROMINA MCGUINNNESS  
wellness@metronews.ca

Shooting a bow and arrow isn't as easy as it looks in *The Hunger Games*. Without steady poise, physical strength and mental focus, it's unlikely you'll hit a target, much less a genetically mutated beastie. Just ask star Jennifer Lawrence, who had to practice so much, she ended up carrying the equipment around in her car.

In order to look and shoot like a professional archer, Lawrence trained with Khatuna Lorig one hour a day, for 15 days. Lorig's first tip: An archer needs to be standing correctly. Holding a bow with a bad posture could cause unnecessary injuries.

"If you're standing correctly you will have less pain and more pleasure," says Lorig. This is how it's done.

## The Alignment Drill

How does the body need to be aligned as you shoot?

"First, make sure your shoulders are lined up. From here, hold your bow in your hand and stand perpendicular to your target. Get into position by making a 'T' shape with your arms; open them up bending one arm to your face, touching your chin and using the other arm, your



Jennifer Lawrence had to train for months to become a decent archer for *The Hunger Games* movie. HANDOUT

'bow arm' to aim at the target," explains Lorig.

## The advantage of being long and lean

Lawrence has the perfect body for archery. She's tall (around 5-8) with long arms and a long neck.

"Long limbs are perfect for archery as it's easier to get into the alignment drill," adds Lorig. Once Lawrence could handle the bow with ease, Lorig wanted her technique to look natural. Moving on from the static alignment drill, she got her to shoot from longer distances and from a crouching position, with one knee down on the ground — a move she would be required to master on set.

## Quote

**"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique."**

Olympic Archer Khatuna Lorig

## Arm strength

Although Lorig admits her only exercise is archery, she doesn't dismiss the benefit of arm strength when it comes to improving technique.

"Arm strength is very important for an archer. Jennifer trained with a 15-pound wooden bow — and the one she uses in the movie was probably lighter than that — but professional archers can hold up 45- to 50-pound bows," explains Lorig.

Adding press ups or light weight lifting to your exercise routine will help build arm strength, allowing you to keep a tighter grip on your bow, which in turn will precise your aiming skills.

## Mental focus is crucial when you are aiming

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique, keeping your

mind as sharp as you can," explains Lorig.

## How can you get the perfect aim?

According to Lorig, there's no trick to having the perfect aim.

"The trick is training all day, every day and shooting about 400 to 500 arrows each time. Without practice, there's no way you'll make the perfect shot."

## On a scale of one to 10, how does Lorig rate Lawrence's archery skills?

"I would give her a seven or eight out of 10. Her performance in the movie was very good considering I didn't train her on set."

# How Jennifer Lawrence got fit

**Analysis.** Metro looks at her physical transformation into Katniss Everdeen

ROMINA MCGUINNNESS  
wellness@metronews.ca

To prepare her body for the *Games*, Jennifer Lawrence stuck to an intense fitness schedule consisting of twice-daily workouts with conditioning coach Dr. Joseph Horrigan. In the morning she would work on her running technique by performing a series of agility drills and



Jennifer Lawrence HANDOUT

sprints. In the evening she focused on stationary bike work, mixing this up with an aerobic and aerobic exercises. By the time filming began,

she had lost around eight pounds.

## A climber's agility

In order to perfect Katniss's

tree climbing techniques, Lawrence teamed up with the stunt team to work on her agility skills. They set up arena-like obstacle courses for her to practice in, such as rock and tree climbing.

## Core strength and flexibility

On her rest days, Lawrence stretched and flexed her muscles with some Yoga and Pilates. Both techniques help relax the mind and strengthen core muscles.

## The District 12 diet

Katniss isn't meant to look overfed so Lawrence's nutritionist capped her calorie intake.

## Teen sensation



**Josh Hutcherson the new Taylor Lautner?**

To match the buff build of his character Peeta Mellark, Josh Hutcherson had to gain 15 pounds of muscle. His trainer, an ex navy SEAL, made him do weight lifting and put him on a strict high-protein, low-carb diet to increase muscle and reduce fat.

ROMINA MCGUINNNESS

# 3 LIFE

## Living well

## Surviving without food or water?

Humans can survive 30 to 40 days without food, providing they are properly hydrated. On the other hand, surviving that long without water is virtually impossible. Besides oxygen, it's the most important nutrient for the body. Expect to last between two to 10 days without it.

## Health

## Berries can help you

Berries are bursting with antioxidants. They also have remarkable anti-inflammatory and immune-system-boosting properties. One portion (one cup) a day is enough to reap the full health benefit.

METRO WORLD NEWS

## On the Web



Foul smelling urine in young kids may be sign of urinary infection: study



Sample Platter. SVJETLANA MLINAREVIC



**LUNCH  
RUSH**  
Svetlana Mlinarevic  
life@metronews.ca

# Simon says, 'Head to Simon's Cuisine for delicious Argentine eats'

Lovely Argentina is a dance between European traditions and South American flare. From the country that gave us chimichurri and asado comes newly renovated restaurant Simon's Cuisine.

The quaint restaurant seats only 14 and has a comfortable, casual feel about it.

The aromas coming out of the kitchen were delicious and since I'm very indecisive, I decided to try the Sample Platter (\$20).

Dancing the Tango across my tongue were the Spicy Beef Empanada and the refreshing Sfija, a beef empanada perfumed with lemon and mint.

The Locro, a beef, sausage, and bean stew, was so hearty I could imagine a gaucho from Martín Fierro eating it. I recommend putting the restaurant's special hot sauce into the stew.

For dessert I had the Torta Mil Hojas. This layered dessert had everything you could ask for in a pastry: Crispy pastry layers, crunchy walnuts, creamy

## Visiting the restaurant

### Simon's Cuisine

**Address.** 513-B St. Mary's Rd.

**Phone.** 231-2756

**Website.** simonscuisine.ca

**Hours.** Mon - Fri (11:30 a.m. - 8 p.m.)

**Rating.** 5/5

**Rice range.** \$2 - \$20

**Reservations.** Yes

**Licensed.** Yes

**Client negotiations.** Yes

**Lunch with co-workers.** Yes

**Social lunch.** Yes

**Quick solo lunch.** Yes

dulce de leche, and whip cream. Yum!

As the Argentines would say, "Simon's establa muy rico!"

## Barbecue Chicken Sandwich. Leftover dinner makes tasty lunch



1. In a bowl, combine chicken with barbecue sauce and divide between 2 slices of bread.

2. In another bowl, whisk together mayonnaise, vinegar, sugar, salt and pepper. Toss with coleslaw.

3. Put the coleslaw on top of the chicken. Top with remaining bread slices to make sandwiches. Slice and serve immediately. **NEWS CANADA/DEMPSTER'S/ ADAPTED BY EMILY RICHARDS (VISIT, EMILYRICHARDSCOOK.CA)**

## Ingredients

- 2 cups (500 mL) sliced leftover cooked chicken
- 1/4 cup (50 mL) barbecue sauce
- 4 slices white bread
- 1 tbsp (15 mL) low-fat mayonnaise
- 2 tsp (10 mL) cider vinegar
- 1/2 tsp (2 mL) granulated sugar
- 1/4 tsp (1 mL) salt, pepper
- 1 cup (250 mL) bagged coleslaw mix

**Available anywhere.**

Download the Metro app today.







Pass 'go' and collect your tax savings. ISTOCK

# Don't give the tax man a penny too much

**Last-minute filing.** No one likes paying taxes, but you can take steps to avoid overpaying



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

There's a very good reason why death and taxes often occupy the same sentence. Neither is appealing to contemplate. While death can sometimes be delayed there's no avoiding the latter at this time of year.

As sure as April follows March every year, there is a stampede to file returns once Easter and Passover indulgences have been digested.

## Alison's money rule

**"Pay yourself first by double-checking all your tax deductions and credits."**

Your friend in these last-minute situations is, in my opinion, the best tax book available for consumers: *Essential Tax Facts: Simple tips for preparing your taxes so you can build wealth* (2012 edition), by Evelyn Jacks, tax expert and founder of the Knowledge Bureau in Winnipeg.

Jacks points out that taxpayers leave thousands, sometimes hundreds of thousands of dollars, on the table over their lifetimes by paying too much tax.

It's tough these days to increase your income. But being vigilant about every penny sent to Ottawa and your provincial government is something everyone can do.

Here are some of the changes Jacks highlights for 2011.

**1. Children's Arts Tax Credit** Similar to the Fitness Tax Credit, parents can claim (or share the claim) for up to \$500 if the child is enrolled in a broad range of artistic, environmental or cultural activities.

**2. Tuition Tax Credit - Examination fee** This is claimable for examinations and pre-requi-



site study materials purchased in order to achieve a recognizable licence or professional status.

## 3. Study abroad

The study period has been reduced to three weeks from 13 for students in full-time programs at Canadian universities and colleges.

So if you are off to Italy to study Michelangelo's David for three weeks as part of your degree, you can claim the tuition and education amount and withdraw Education Assistance Payments from an RESP.

## Spend time with your taxes

### Just how careful are you?

- It pays to be careful. On the TV show *Million Dollar Neighbourhood*, a review by H&R Block found that nearly a third of tax filers made at least one error on their return.

**4. Sharing an RESP with a sibling** Transferring from one RESP to another will not trigger repayment of the government Canada Education Savings Grant as long as the sibling receiving the funds is under 21.

## 5. Money from babes

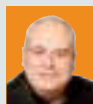
The Canada Child Tax Benefit, Universal Child Care Benefit and GST credit can now be split 50/50 between parents (for payments received after June 2011), assuming they live with the child.

One of Jacks' top tax tips is a recommendation that couples (married or common-law) file taxes jointly to maximize credits and deductions including medical expenses and amounts for public transit, children's fitness and arts and the new home buyer's credit.

**ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM**

## Easter

## Time to hunt some eggs again



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

With Easter just around the corner, I thought I'd offer up some tips for those families, or churches and social groups, considering doing an Easter-egg hunt. Here are a few ways to ensure it's

a success.

1. Think about the age group. This is one activity where mixing young kids with older ones doesn't always work. Consider a toddler egg hunt and an older children's egg hunt to keep things fair.

2. If treats are to be hidden inside the eggs, mix up what the children will find. Putting the same surprise in each egg will be a disappointment, no matter how cheap you found them at a big-box store.

3. Talk to your kids ahead of time. There are

inevitably going to be a few skirmishes where kids fight over an egg they find at the same time. As hard as it is, this is a good opportunity to teach your kids about sharing. Parents, this is your job!

4. A way to deal with No. 3 is to assign children a colour, so that they have to find eggs only of one particular colour. This should help avoid disputes.

5. Plan an adult-friendly gathering while the children are hunting, and remember to let them have fun. Don't stress about

grass stains on clothing; just let the kids run out and play.

Besides, in an upcoming article, I promise to tell you all about dealing with those pesky grass stains!

Happy Easter to all of you who celebrate this wonderful holiday.

I am currently in Abu Dhabi training for two weeks, yet my gracious hosts from this part of the world are taking me out for lunch on Sunday in celebration of my holiday — how lucky am I to have such a gracious host?



Think about age groups when planning your hunt. ISTOCK



**MORE...** Dates, Relationships, Possibilities

**CALL NOW! 204-987-2222**

Toll Free: 1-866-348-5282



lavalifevoice.com

COLLECT CALL BILLING! 1-866-607-5282 | 1-900 BILLING! 1-900-528-2543  
Dial #CLICK (#25425) 79¢/min Bell, Rogers™, Fido | 99 ¢/min Virgin Mobile

**lavalife VOICE**

# 4

## SPORTS

# Team Canada's confidence grows with pair of wins

**Curling.** At 5-0, Howard and Team Sweden are only unbeaten rinks left at world championship

Canada's Glenn Howard posted two more victories Monday to remain unbeaten at the world men's curling championship.

Howard beat Norway's Thomas Ulsrud 8-3 in the morning draw before defeating Jiri Snitil of the Czech Republic 9-3 in the evening. Canada remained tied with Sweden for first place at 5-0 after eight draws of round-robin play.

"I sense the confidence is getting bigger and bigger," Howard said. "I felt really comfortable out there again tonight. My guys are making everything underneath me."

The Czech game was tighter than the result might suggest. Howard entered the ninth end with just a two-point lead and hit a nice double takeout to score four points to end it.

Howard and teammates Wayne Middaugh, Brent Laving and Craig Savill shot an impressive 91 per cent in both wins.



Glenn Howard delivers a stone Monday during a match between Canada and Norway in Basel, Switzerland.

GEORGIOS KEFALAS/THE ASSOCIATED PRESS

The Czechs provided a much stiffer test than the Norwegians. Ulsrud, the 2010 Olympic silver medalist, never got on track and made several uncharacteristic errors.

"We kept putting pressure on him and he was missing," Howard said. "The re-

cipe for a win."

A back injury to skip Niklas Edin hasn't hampered Sweden's performance. Sebastian Kraupp has filled in nicely and guided the rink to a 10-8 win over France to keep pace with Canada.

Another medal favourite, Scotland's Tom Brewster,

was in third place along with the surprising Liu Rui of China at 4-1. Norway is one of four teams tied at 2-3 while the other rinks are even at 1-4.

After a slow weekend, attendance picked up Monday night with an estimated 1,800 spectators at the 9,000-

### Howard's titles

Howard has won three world titles over his career — in 1987, 1993 and 2007.

### Quoted

**"We came out and were really playing well and caught Norway on an off day. Good timing."**

Skip Glenn Howard on Canada's 8-3 win over Norway on Monday.

seat venue.

Howard said his team has felt comfortable from the start of the competition.

"I'm always talking about peaks and valleys," Howard said. "Our valleys aren't too bad and that's the good news. We're always up there pretty high. That was a really good game."

Howard shot 88 per cent for the game, well ahead of Ulsrud at just 56 per cent.

Round-robin play continues through Thursday night and playoff games are scheduled for the weekend. Teams also have an opportunity to earn Olympic qualifying points for their countries at the competition.

THE CANADIAN PRESS

### Jets preview

**Winnipeg at Florida 6:30 p.m. (TSN-Jets)**

The Jets (36-34-9) visit Florida (37-25-17), which can clinch a playoff spot for the first time since 2000 with a win on Tuesday night. Scott Clemmensen has started three of the last eight games, allowing four goals on 97 total shots for a .959 save percentage. Jose Theodore has allowed three goals in each of his last two starts. Kris Versteeg hasn't scored since Feb. 12. In the last seven games, Florida has scored 10 goals.

THE CANADIAN PRESS

### On the web



Is the NFL about to go to the Ducks? Nike is set to unveil its new NFL uniforms Tuesday, with some speculating the company will take design cues from the NCAA's Oregon Ducks. Nike has designed five different helmets, seven jerseys and six pants for Oregon that have become known for their flamboyant colour combinations. Scan the code for the story.

## Unfinished NHL business

All 30 NHL teams close out their regular-season schedule with games on Saturday and there is plenty still at stake before then, from playoff spots to year-end trophies to personal milestones. Here's a closer look at what to keep an eye on in the coming days:

THE CANADIAN PRESS



### Cluttered conferences

In the Western Conference, Los Angeles, Phoenix, San Jose, Dallas and Colorado are fighting for three playoff spots.

In the East, ninth-place Buffalo are two points back of Washington and five behind Florida. They'll need to win all three remaining games and get some help to make the playoffs.



### Battle for home ice in Pennsylvania

The Pittsburgh Penguins enter the week one point up on the Philadelphia Flyers and a season-ending meeting between them on Saturday will likely determine whether their series starts at Consol Energy Center or Wells Fargo Center.



### Battle for freshman supremacy

A trio of players are still fighting for the rookie scoring lead, which could affect how members of the Professional Hockey Writers' Association vote on the Calder Trophy.

Edmonton's Ryan Nugent-Hopkins and Colorado's Gabriel Landeskog entered Monday with 51 points each, one ahead of New Jersey's Adam Henrique.



### Will Karlsson reach 80-point mark?

Ottawa Senators defenceman Erik Karlsson is down to three games to bolster his case for the Norris Trophy. His 77 points are 25 ahead of the next best blue-liner, Zdeno Chára, and he sports a plus-18 rating.



### Presidents' Trophy pressure

Will the Presidents' Trophy go to Vancouver, the Rangers or St. Louis?

The Canucks are looking to become the NHL's first back-to-back regular-season champions since the lockout and enter the week tied with New York at 107 points, one ahead of the Blues. They each have three games to play.



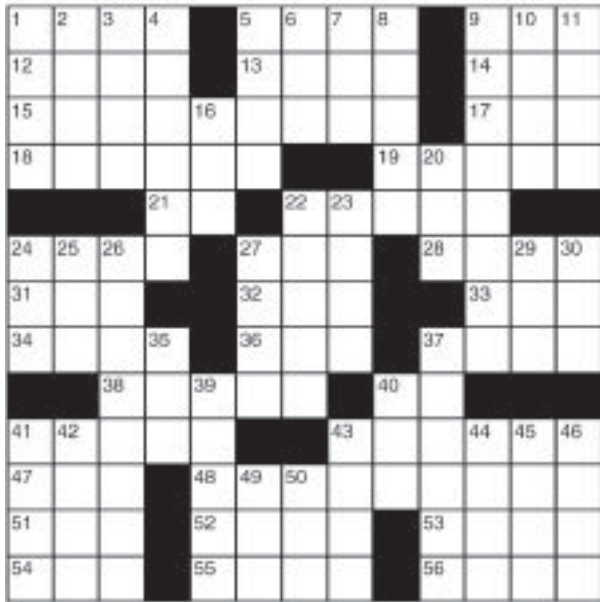
Crossword

Across

- 1 Urban fleet  
5 Stroller  
9 Embrace  
12 Grad  
13 John/Rice collaboration  
14 NAFTA signatory  
15 Military sky divers  
17 Journey segment  
18 Lotus model  
19 Burdens  
21 Yours truly  
22 Choppers  
24 Sculptor's medium  
27 Preceding  
28 Takeout request  
31 Army rank (Abbr.)  
32 Be unwell  
33 Indivisible  
34 Pop choice  
36 Pigpen  
37 Incite  
38 Overact  
40 "Monopoly" corner  
41 Town bigwig  
43 Delicate, as a fragrance  
47 In bygone times  
48 Cartoon vamp  
51 Writer  
Buscaglia  
52 "What's the big —?"  
53 Cogito-sum link  
54 Recipe meas.  
55 Stage statuette  
56 Turns green?

Down

- 1 Part of a superhero costume  
2 Remark re Yorick  
3 After-dinner



- speech?  
4 Smugly ingratiating  
5 Segment  
6 Carnival city  
7 Big fuss  
8 Syrup flavor  
9 Wham-O product  
10 Secondhand  
11 Jokes  
16 Dead heat  
20 Mel of Coopers-town  
22 Hackneyed  
23 Slithery  
24 LX percent of D  
25 Privy  
26 Comic-strip caveman  
27 Bridge position

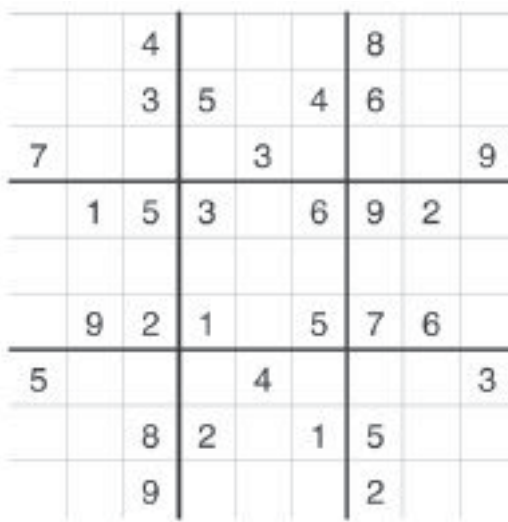
- 29 Wildebeest  
30 "— the ram-parts ..."  
35 I love, to Livy  
37 Wept loudly  
39 Trip around the world?  
40 Fellow  
41 Beer ingredient  
42 Quite some time  
43 Command to Rover  
44 Whig rival  
45 Theater box  
46 Heroic poetry  
49 Tokyo's old name  
50 Toe tally

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer



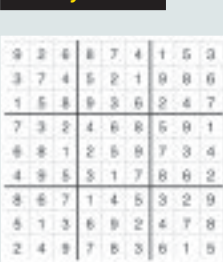
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer



Weather

TUESDAY



MAX: 11°  
MIN: 0°

WEDNESDAY

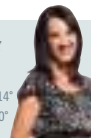


MAX: 15°  
MIN: 3°

THURSDAY



MAX: 14°  
MIN: 0°



JENNA KHAN  
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**



Horoscope

♈ Aries | March 21 - April 20.

You are in the mood to travel, socialize and have a good time.

♉ Taurus | April 21 - May 21. As

an Earth sign you enjoy the good things in life, and with your ruling planet Venus moving into the money area of your chart today you'll be able to afford them too.

♊ Gemini | May 22 - June 20.

Whatever changes take place over the next 24 hours you can be sure they will work in your favour, at least in the long-term.

♊ Cancer | June 21 - July 22.

You need to sit down quietly, away from other people, and decide what your priorities are going to be.

♊ Leo | July 23 - Aug. 22. Make

an effort to get out into the world and meet people today.

♊ Virgo | Aug. 23 - Sept. 22.

This is an excellent time to show someone in a position of power that you have what it takes to succeed.

♊ Libra | Sept. 23 - Oct. 22. You

are hugely optimistic about the future, and with good reason.

♊ Scorpio | Oct. 23 - Nov. 21.

Steer clear of extremes today, especially extremes of emotion. Like most Scorpios you harbour a few secret grudges but this is not the time to make them public.

♊ Sagittarius | Nov. 22 -

Dec. 21. The people you meet today, both socially and at work, will go out of their way to be nice to you.

Respond in kind and show everyone what a big-hearted Sag you are.

♊ Capricorn | Dec. 22 - Jan

20. You may be tempted to push yourself harder and take on more responsibilities but is that really such a good idea?

♊ Aquarius | Jan. 21 - Feb 18.

Anything of a creative or artistic nature is under exceedingly good stars at the moment, so believe in yourself and what you are doing and before you know it you may be something of a star yourself.

♊ Pisces | Feb. 19 - March 20.

Let fate take its course and don't try to change things that are best left alone.

SALLY BROMPTON



Caption Contest

"Staring Contest!! 1,2,3, GO!"  
Amanda

JENS KOEHLER/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

metro

CANADA'S FIRST NEWS APP IN

**NEWSSTAND**

Now available for iPad, iPhone and iPod touch!

FREE TRIAL

lavalife®  
**VOICE**

**CALL NOW!**  
**204-987-2222**  
Toll Free: 1-866-348-5282

COLLECT CALL BILLING! 1-866-607-5282  
1-800 BILLING! 1-900-528-2543  
Dial #CLICK (#25425) 79¢/min Bell, Rogers™, Fido | 99¢/min Virgin Mobile

18+ \*Restrictions may apply

lavalifevoice.com

# WagJag.com

## DEAL OF THE DAY!

GET DEALS ON YOUR PHONE:  

*Buy For:*  
**\$29**



\$29 FOR 2 MONTHS OF  
UNLIMITED DRIVING RANGE  
USE AT FANTASY LAKE GOLF  
COURSE (A \$99.99 VALUE)

Regular Price: \$99

You Save: \$70

Discount:

**71%**



\$38 FOR A NORTH AMERICA SPORTS AND  
LEISURE SPRING JACKET FROM FUERZA  
(A \$98 VALUE)



\$12 FOR A YOURKARD, ONE KARD TO COMBINE  
THE INFORMATION OF MANY CARDS  
(A \$24.95 VALUE)



CAKES BY TANYA: TWO OPTIONS  
OPTION 1: \$20 FOR 2-DOZEN GOURMET CUPCAKES  
DELIVERED TO YOUR HOME OR OFFICE  
OPTION 2: \$15 FOR \$30 TOWARDS A CUSTOM CAKE



## LOOKING FOR GREAT DEALS?

50-90% OFF LOCAL DAILY DEALS

*Sign up today at* **WagJag.com**

*Visit:* **WagJag.com**

Follow us on:



facebook.com/wagjag  
@wagjagwinnipeg

Hurry to WagJag.com to purchase local deals before time runs out.